Try2Fly KURSPLAN ♥ gültig ab 05.02.24 ♥ FOLLOW YOUR HEART ♥

Montag		Dienstag		Mittwoch	
				Bewegter Rücken 09:00 - 10:00 Doris	
Jivamukti Yoga 17:30 - 18:30 Heike	**Flying Yoga** 17:30 - 18:30 Meike	**After Work Yoga** 17:00 - 18:00 Lei			
Pilates Matwork 19:00 - 20:00 Daniela S.	**Flying Yoga** 19:00 - 20:00 Meike	**Faszien Pilates** 18:30 – 19:30 Doris		**Barre Pilates** 18:30 - 19:30 Daniela S.	
			Restorative Yoga 20:00 - 21:00 Olga	**Hatha Yoga** 20:00 – 21:00 Neeta	

Kräftigungskurse Pilates / Rücken
Yogakurse
Flying Yoga
Specials / Externe

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Donnerstag		Freitag		Samstag	Sonntag
Bhakti Flow Yoga 10:00 - 11:30 Caitanya				**Qi Gong** 10:00 - 11:00 Lei	**Body & Soul Yoga** 10:00 - 11:00 Claudia ab 3.3
	Flying Yoga 17:30 - 18:30 Lei		**Restorative Yoga** 18:30 - 19:30 Michaela		
Bhakti Flow Yoga 19:00 - 20:30 Caitanya	**Aerial Hoop** *(Special)* 19:00 – 20:00 Elissa	**Klang & Lied im Dialog** 19:30 - 21:00 Karl & Susanne			

Kräftigungskurse Pilates / Rücken
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